

This **EAP** Is For **You!!**



U.S. Army Recruiting Command



U.S. Army Recruiting Command

Your Best Resource
for Problem Solving.



EAP
What is EAP?
What does EAP provide?

Employee Assistance Program

- EAP is designed to work for everyone. Whether you are married or single, whether you have children or pets, whether you have a simple question or complex concerns. EAP can help you run your life a little more smoothly.
- It's free, fast, easy to use, and effective. And best of all, it's there for you -- any time of day, wherever you are.



About EAP Consultants



- Providing EAP services since 1989
- Received “Administrator’s Award for Excellence” by the U.S. Small Business Administration for providing outstanding EAP services
- 100% of client companies rate their services good or excellent, and 98% of all clients who use the EAP rate their services good or excellent



What is the Employee Assistance Program (EAP)?

A service providing:

- Telephonic consultation and online resources for work/life, legal, financial, childcare, eldercare, adoption, pet and academic concerns
- Confidential counseling for personal and work problems
- EAP is pre-paid by USAAC; there is no cost to you or your family
- Military personnel and their dependents are covered by the EAP
- Services are confidential



Specific Issues Addressed by the EAP



- Stress and Stress Management
- Marital/Family Problems
- Relationship Issues
- Alcohol & Drug Problems
- Work/Career Concerns
- Psychiatric Problems
- Emotional Issues
- Eating Disorders
- Life Transitions



Who Provides the EAP Services?



- Counseling services are provided by highly experienced counselors with a Master's or Doctorate degree
- Counselors include psychologists, clinical social workers, marriage and family counselors, certified addiction counselors, and certified employee assistance professionals
- Consultants include attorneys, financial advisors, as well as eldercare and childcare specialists
- Multi-lingual clinicians available



Counselors help by:



- Identifying the problem
- Developing a plan to resolve the problem
- Providing direction and support for making changes needed to reach goals
- Referring, if necessary, to affordable resources for additional help



Confidentiality



All EAP records and services are confidential in adherence with state and Federal confidentiality regulations.

USAREC only receives numbers in usage reports, not who uses the EAP services.

No information released without your consent, unless there is information concerning:

- Suspicion of child/elder abuse and/or neglect
- Danger to self or others
- Court order



Types of Referrals



- **Self-Referral** – telephonic or online request
- **Informal Referral** – offered as a resource when military member has a non-work related problem
- **Supervisory Referral** – to address work-related problems



Work/Life Services



- Legal Services
- Financial Consultations
- Childcare Referrals
- Adoption Resources
- Eldercare Referrals
- Academic Referrals
- Pet Services
- Relocation Information



Legal Services



Telephone and face-to-face consultation for:

- Housing-Real Estate
- Estate Planning
- Criminal Law
- Consumer/Contract Issues
- Family Law
- Automobile Issues

Simple wills and Power of Attorney prepared at no cost.

25% discount on attorney's hourly rate for legal services rendered beyond the scope of the EAP.



Financial Consultations



Telephone consultation for:

- Financial Planning
- Retirement Strategies
- Money Management
- Debt & Financial Problems



On-line Legal/Financial Library



- Numerous online articles on legal and financial matters
- Legal Document Library with examples of legal documents

To access, go to www.eapconsultants.com and click on the Member Access button, then select the Legal/Financial Library.

Enter your unit's username as the password when asked to log on.



Childcare Referrals



At least three resources are provided.

- Day care
- Emergency care
- In-home care agencies
- Before/After school programs
- Special needs programs
- Nurseries & preschools
- Summer camps
- Transportation services

Immediate openings verified.



Eldercare Referrals



At least three resources are provided.

- Nursing homes
- Assisted living
- Home health
- Respite care
- Companion programs
- Caregiver support
- Medicare/Medicaid information

Appropriateness and immediate openings verified.



Adoption Resources



Information about:

- Private and public agencies
- Adoption support groups
- Adoption attorneys
- State adoption agencies
- Post-adoption counselors



Academic Resources



Services include:

- Referrals to tutors
- Customized profiles for all types of schools
- College planning guidebooks



Pet Services



Information and Referrals:

- Breeders
- Walkers & Sitters
- Groomers
- Kennels
- Veterinarians
- Pet publications



Relocation Information



- Packet of information to make your next move go as smoothly as possible.
- Up-to-date information about housing, schools, medical services, employment, climate, cost of living, etc.
- Counseling services also available to assist you and your family with the stress of relocation.



HELPNET



A confidential on-line service with information, education, resources and self-help programs for:

- Child, Elder & Family Care
- School and College Education
- Emotional Well-being
- Health and Wellness
- Financial and Consumer Issues
- Pets, Travel and Recreation

This service is available 24



HELPNET

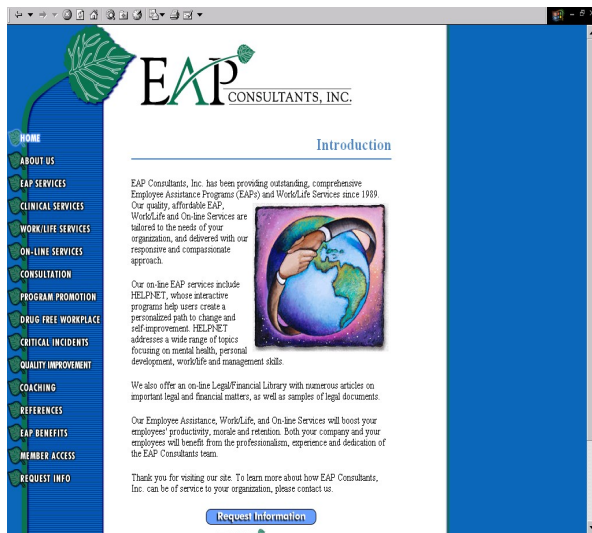


HELPNET allows military personnel and their families to:

- Conduct instant searches for childcare, camps, adoption, eldercare and academic resources
- Access expert information and resources on common personal and family issues
- Use confidential self-assessment programs to evaluate important life matters, such as career motivation, relationship satisfaction, depression, stress, emotional IQ and more



Username and Password for Online EAP Services



Contact your Soldier & Family Assistance Program Manager for the username and password to access the online services.

You can also contact EAP Consultants and ask for your unit's username and password.



How to Use the EAP Services



Contact EAP Consultants, Inc. at:
800-869-0276

or

Request services securely at their
web site:

www.eapconsultants.com

(Click on Member Access, then
click
on Request EAP Services.)



U.S. Army Recruiting Command

How to Schedule Counseling Appointments



- Counseling appointments are scheduled within three days; emergencies are responded to immediately
- Counselors available by telephone 24 hours per day, 7 days per week

**Contact EAP Consultants
at**

800-869-0276



U.S. Army Recruiting Command

How to Access the EAP

- Online at **www.eapconsultants.com**
 - Click on Member Access
 - Username: RC + (two digits from SFA phone #)
 - Password: RCEAP
 - HelpNet provides a wide variety of information that can be printed directly from the web site.
- Toll-free Telephone: **800-869-0276**
 - available 24 hours every day of the year
 - professional counselors offer guidance and information, as well as referrals to your local community.



[HOME](#)[ABOUT US](#)[EAP SERVICES](#)[CLINICAL SERVICES](#)[WORK/LIFE SERVICES](#)[ON-LINE SERVICES](#)[CONSULTATION](#)[PROGRAM PROMOTION](#)[DRUG FREE WORKPLACE](#)[CRITICAL INCIDENTS](#)[QUALITY IMPROVEMENT](#)[COACHING](#)[REFERENCES](#)[EAP BENEFITS](#)[MEMBER ACCESS](#)[REQUEST INFO](#)

Introduction

EAP Consultants, Inc. has been providing outstanding, comprehensive Employee Assistance Programs (EAPs) and Work/Life Services since 1989. Our quality, affordable EAP, Work/Life and On-line Services are tailored to the needs of your organization, and delivered with our responsive and compassionate approach.



Our on-line EAP services include HELPNET, whose interactive programs help users create a personalized path to change and self-improvement. HELPNET addresses a wide range of topics focusing on mental health, personal development, work/life and management skills.

We also offer an on-line Legal/Financial Library with numerous articles on important legal and financial matters, as well as samples of legal documents.

Our Employee Assistance, Work/Life, and On-line Services will boost your employees' productivity, morale and retention. Both your company and your employees will benefit from the professionalism, experience and dedication of the EAP Consultants team.

Thank you for visiting our site. To learn more about how EAP Consultants, Inc. can be of service to your organization, please contact us.

[Request Information](#)

HOME

ABOUT US

EAP SERVICES

CLINICAL SERVICES

WORK/LIFE SERVICES

ON-LINE SERVICES

CONSULTATION

PROGRAM PROMOTION

DRUG FREE WORKPLACE

CRITICAL INCIDENTS

QUALITY IMPROVEMENT

COACHING

REFERENCES

EAP BENEFITS

MEMBER ACCESS

REQUEST INFO

Member Access

To access our on-line programs, just click on the service you would like to use.

[Legal/Financial Library](#) - A complete "Help-Yourself" Legal and Financial Resource



[HELPNET](#) - Offers information, assistance and resources for family & caregiving, emotional well-being, health & wellness and daily living.



[Request EAP Services](#) - You may confidentially request EAP services here.



[EAP Employee Orientation](#) - Provides an overview of services available to employees and their family members.



Note: The Legal/Financial Library is available to all members. Not all companies include HELPNET as part of their EAP services.

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HOME

ABOUT US

EAP SERVICES

CLINICAL SERVICES

WORK/LIFE SERVICES

ON-LINE SERVICES

CONSULTATION

PROGRAM PROMOTION

DRUG FREE WORKPLACE

CRITICAL INCIDENTS

QUALITY IMPROVEMENT

COACHING

REFERENCES

EAP BENEFITS

MEMBER ACCESS

REQUEST INFO

HELPNET Login

Please enter your username and password:

Username:

RC00

Password:

RCEAP

**USERNAME
PASSWORD**

Login

**USERNAME is RC plus the two digit
identifier for your battalion on the SFA
toll-free number**



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Please call 1-800-869-0276 to contact a counselor.

Family & Caregiving

- Adoption
- Child Care
- Education
- Older Adults

Emotional Well-Being

- Addiction
- Mental Health
- Personal Growth
- Working Well

Health & Wellness

- Live Healthy
- Health & Aging
- Your Child's Health
- Health Concerns
- Personal Safety

Daily Living

- Choosy Consumer
- Savvy Pet Owner
- Finances
- Legal Library
- Travel & Recreation

How Can We Help You?



NEW FEATURE

FEBRUARY

**9-15 IS
NATIONAL CHILD
PASSENGER
SAFETY
AWARENESS
WEEK**



**CLICK HERE
FOR RELATED
ARTICLES**

Times of Conflict



Family & Caregiving

Explore your care options, learn about parenting and child and elder care issues. Conduct your own searches for care, or have a professional locate providers in your community.



Emotional Well-being

Search this extensive library to learn more about essential mental and emotional health issues including addiction, mood disorders, grief and loss, personal growth, and communication.



Health & Wellness

Find up-to-date expert information about important health topics for the whole family. Our articles, resources, and interactive tools will help you achieve wellness and deal with common health issues.



Daily Living

Access information and resources about everyday issues. Get consumer information, browse recreational resources, or find out how to manage your family's finances.

Family & Caregiving

- Adoption
- Child Care
- Education
- Older Adults

Emotional Well-Being

- Addiction
- Mental Health
- **Personal Growth**
- Working Well

Health & Wellness

- Live Healthy
- Health & Aging
- Your Child's Health
- Health Concerns
- Personal Safety

Daily Living

- Choosy Consumer
- Savvy Pet Owner
- Finances
- Legal Library
- Travel & Recreation

Emotional Well-being



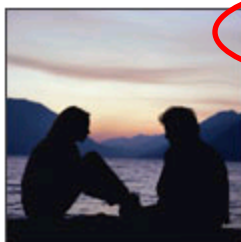
Addiction

Help yourself and loved ones understand drug use prevention, addiction, codependency, compulsive behaviors, and commonly used substances including alcohol and tobacco. Find articles, assessments, and resources to aid in recovery and promote healthy coping.



Mental Health

Understanding feelings and behavior is an important step toward self-awareness, problem solving, and well-being. This rich library includes dozens of articles, self-assessments, and resources designed to help you.



Personal Growth

Feel positive about yourself, develop your communication skills, and get expert information on dealing effectively with the other people in your life. Personal Growth can help direct your quest for fulfillment.



Working Well

The world of work is full of rewards and challenges. Let Working Well help you make your challenges more manageable and your rewards more plentiful!

[Library Search](#)

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Today's Words to Live By

"It is of practical value to learn to like yourself. Since you must spend so much time with yourself you might as well get some satisfaction out of the relationship."

Norman Vincent Peale

Where do you plan to take your next vacation?

- ☐ Within the United States
- ☐ Outside of the United States
- ☐ Not planning on taking a vacation

Please call 1-800-869-0276 to contact a counselor.



Personal Growth

Emotional Well-Being : Personal Growth : Articles & Tips

Featured Article

Single-Parenting: From Stress to Strength

Single parent families come in all sorts of configurations. Some are headed by mothers, others by fathers, and still others by a grandparent raising his or her grandchildren. Over the last twenty years, single parent families have become more commonplace, with one in four parents raising children alone. In fact... [Read more >>](#)

 [Adjusting to Life Events](#)

 [Anger Management](#)

 [Communication](#)

 [Conflict Resolution](#)

 [Managing Change](#)

 [Managing Stress](#)

 [Motivation](#)

Emotional Well-Being

- [Addiction](#)
- [Mental Health](#)
- [Personal Growth](#)

Articles/Tips

Medline

Resources

Assessment

- [Working Well](#)

Health & Wellness

- [Live Healthy](#)
- [Health & Aging](#)
- [Your Child's Health](#)
- [Health Concerns](#)
- [Personal Safety](#)

Daily Living

- [Choosy Consumer](#)
- [Savvy Pet Owner](#)
- [Finances](#)
- [Legal Library](#)

Library Search

[Advanced Search](#)

Articles & Tips

Get answers to important questions about personal growth, relationships, and interpersonal communication.

Click here
for more
information

MEDLINEplus
Health Information

Search [MEDLINEplus](#):

Search

Take the Quiz

Use these interactive tools.

Resources 

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Conflict Management Test
Goal Setting Exercise
Lifestyle Test
Relationship Satisfaction Test

Emotional Well-Being

- **Addiction**
- **Mental Health**
- **Personal Growth**

Articles/Tips

Medline

Resources

Assessment

- **Working Well**

Health & Wellness

- **Live Healthy**
- **Health & Aging**
- **Your Child's Health**
- **Health Concerns**
- **Personal Safety**

Daily Living

- **Choosy Consumer**
- **Savvy Pet Owner**
- **Finances**



Personal Growth

Emotional Well-Being : Personal Growth : Assessment

[Anger Profile](#) | [Commitment Readiness](#) | [Conflict Management](#) | [Goal Setting](#) | [Lifestyle](#) | [Relationship Satisfaction](#)

Anger Test - Abridged

6 questions, 10 min

Do you often find yourself unable to control your temper? Does your anger come out in unhealthy ways that are damaging to yourself and others? Anger is an extremely powerful emotion, and an inability to keep it under control can lead to serious problems in relationships, career and families. Learn more about your approach to anger management with the Anger Profile. It's designed to evaluate your general level of anger in different types of situations.

Examine the following statements and indicate the degree to which they apply to you. After finishing the Anger Profile, you will receive a brief personalized interpretation of your score that includes diagrams and information on the test topic.

[Take the test](#)

© 1996-2003 PsychTests.com

Commitment Readiness Test

12 questions, 10 min

Fear of commitment is a major cause of breakups in romantic relationships. One person is ready to tie the knot; the other is flirting with every available single for miles around. Are you ready to commit to your partner? Is your love becoming more serious? Find out if you're really ready with the Commitment Readiness Test.

Please call 1-800-869-0276 to contact a counselor.



Legal Library

Daily Living : Legal Library : Articles & Tips

Featured Article

A Guide for People Who Care: Legal Documents

As caregivers, we cannot assume that we always will be able to provide care. Even if we are able to be active caregivers, it is important to establish both emergency and long-term alternative care plans for our older relative or friend, and to make sure that the necessary legal documents... [Read more >>](#)

-  [A Guide for People Who Care: Legal Documents](#)
-  [Alternatives to Guardianship](#)
-  [Living Trust Offers: How to Make Sure They're Trust-Worthy](#)
-  [Age Discrimination](#)
-  [Medicare and Advance Directives](#)
-  [Protecting the Rights of Older Americans](#)
-  [Buying Your Home - Selecting an Attorney](#)
-  [Advance Directives: Taking Charge of Your Medical Destiny](#)
-  [Getting Your Affairs In Order](#)
-  [Legal Concerns](#)
-  [Things to Consider: Coping with End-of-Life Legal Issues](#)
-  [Legal Tools](#)

Library Search

[Advanced Search](#)

Articles & Tips

Visit the Legal Library to access expert materials to help you make informed legal decisions.

Resources

Useful links to help you with various legal issues.

Articles/Tips

Medline

Resources

Assessment

• Working Well

Health & Wellness

• Live Healthy

• Health & Aging

• Your Child's Health

• Health Concerns

• Personal Safety

Daily Living

• Choosy Consumer

• Savvy Pet Owner

• Finances

• Legal Library

Articles/Tips

Resources

• Travel & Recreation

Please call 1-800-869-0276 to contact a counselor.

Articles/Tips

Medline

Resources

Assessment

• Working Well

Health & Wellness

- Live Healthy
- Health & Aging
- Your Child's Health
- Health Concerns
- Personal Safety

Daily Living

- Choosy Consumer
- Savvy Pet Owner
- **Finances**

Articles/Tips

Resources

Calculators

- Legal Library
- Travel & Recreation



Financial Foundations

Daily Living : Financial Foundations : Articles & Tips

Featured Article

Make a Financial Plan: Part 1

Figuring Out Your Finances You can never take a journey without knowing where you're starting from, and a journey to financial security is no different. You'll need to figure out on paper your current situation - what you own and what you owe. You'll be creating a "net worth statement." Print... [Read more >>](#)

-  [Are You a Target of...Telephone Scams?](#)
-  [Certificates of Deposit: Tips for Investors](#)
-  [Consumer Fraud against the Elderly](#)
-  [Daily Money Management Programs](#)
-  [Federal Credit Unions](#)
-  [Generic Drugs: Saving Money at the Pharmacy](#)
-  [Getting Credit When You're Over 62](#)
-  [Financial and Estate Planning for Seniors](#)
-  [Help with Nursing Home Expenses \(Illinois\)](#)
-  [Ways to Protect Money](#)
-  [How Do Reverse Mortgages Work?](#)
-  [Pension and Benefits Counseling](#)

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Articles & Tips

Get answers to important questions about increasing your financial security.

Calculators

Use these handy financial planning tools to help you save money, figure out mortgage and loan payments.

Resources

Useful links to help you with financial decisions.

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Emotional Well-Being

- Addiction
- Mental Health
- Personal Growth
- Working Well

Health & Wellness

- Live Healthy
- Health & Aging
- Your Child's Health
- Health Concerns
- Personal Safety

Daily Living

- Choosy Consumer
- Savvy Pet Owner
- Finances

Articles/Tips

Resources

Calculators

- Legal Library



Financial Foundations

Daily Living : Financial Foundations : Calculators

Financial Foundations Calculators

No more figuring out lengthy or complicated calculations by hand! Our calculators will allow you to get answers and explore different options. Each calculator comes with instructions for its use.

[Home Financing](#) | [Personal Finances](#) | [Investment Calculator](#) | [Retirement Calculators](#)

Home Financing:

- [Should I refinance my home mortgage?](#)
- [What would my payments be for a fixed rate loan?](#)
- [What would my payments be for an adjustable rate loan?](#)
- [What would my payments be for a balloon loan?](#)
- [Should I rent my home or buy?](#)
- [Which loan is better, Fixed or Adjustable?](#)
- [What would I save if I make extra payments?](#)
- [How much house can I qualify for?](#)
- [How much house can I afford?](#)
- [Advanced mortgage calculator.](#)

Personal Finances:

- [How much car can I afford?](#)

Library Search

[Advanced Search](#)

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Family & Caregiving

- Adoption
- Child Care
- Education
- Older Adults

Emotional Well-Being

- Addiction
- Mental Health
- Personal Growth
- Working Well

Health & Wellness

- Live Healthy
- Health & Aging
- Your Child's Health
- Health Concerns
- Personal Safety

Daily Living

- Choosy Consumer
- Savvy Pet Owner
- Finances
- Legal Library
- Travel & Recreation

How Can We Help You?



NEW FEATURE

MARCH

IS NATIONAL
COLORECTAL
CANCER
AWARENESS
MONTH

[CLICK HERE
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Times of Conflict



Family & Caregiving

Explore your care options, learn about parenting and child and elder care issues. Conduct your own searches for care, or have a professional locate providers in your community.



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Search this extensive library to learn more about essential mental and emotional health issues including addiction, mood disorders, grief and loss, personal growth, and communication.



Health & Wellness

Find up-to-date expert information about important health topics for the whole family. Our articles, resources, and interactive tools will help you achieve wellness and deal with common health issues.

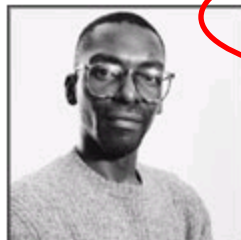


Daily Living

Access information and resources about everyday issues. Get consumer information, browse recreational resources, or find out how to manage your family's finances.

Please call 1-800-869-0276 to contact a counselor.

Daily Living



Choosy Consumer

We depend on so many different goods and services in our daily lives: it can be challenging to make informed consumer choices. These articles and tips offer practical information to help you be a choosy consumer.



Savvy Pet Owner

Need information to help choose the right kind of pet for you? Have questions about traveling with Fluffy or Fido, or what to look for when choosing pet foods? Find answers to important pet care questions here.



Travel & Recreation

Time to get away from it all? We'll help you find useful information and resources on a wide array of leisure time topics including airline travel safety and comfort, U.S. National parks, travel tips for people with disabilities and more.



Financial Foundations

These on-the-money materials will assist you in making decisions about fiscal and estate planning, home-ownership, and more.

Home

Member Access

Family & Caregiving

- Adoption
- Child Care
- Education
- Older Adults

Emotional Well-Being

- Addiction
- Mental Health
- Personal Growth
- Working Well

Health & Wellness

- Live Healthy

Library Search

[Advanced Search](#)

Today's Words to Live By

"Difficulties mastered are opportunities won."

Aristotle

Where do you plan to take your next vacation?

- ☐ Within the United States
- ☐ Outside of the United States
- ☐ Not planning on taking a vacation

Clear

Send

Please call 1-800-869-0276 to contact a counselor.



Choosy Consumer

Daily Living : Choosy Consumer : Articles & Tips

Featured Article

900 Number Pay-Per-Call and Other Information Services

What are Pay-Per-Call and Information Services? Information services offer telephone callers the opportunity to obtain a wide variety of telephone programs that provide recorded or live information and entertainment. Information services are wide ranging. Some of the types of information services available are medical, stock market, sports and product information... [Read more >>](#)



Tech Consumer



Avoiding Fraud and Abuse



Household Products



Choosing Products and Services

Home

Member Access

Family & Caregiving

- Adoption
- Child Care
- Education
- Older Adults

Emotional Well-Being

- Addiction
- Mental Health
- Personal Growth
- Working Well

Health & Wellness

- Live Healthy

Library Search

[Advanced Search](#)

Articles & Tips

Visit the Choosy Consumer Library to access a wealth of expert materials to help you make good consumer choices.

Resources


















Useful links to help you find the right products and services, and protect yourself in the marketplace.



Please call 1-800-869-0276 to contact a counselor.

Choosing Products and Services

Displaying records 1 through 25 of 40 records found.

-  [900 Number Pay-Per-Call and Other Information Services](#)
-  [Addressing and Packaging Your Mail](#)
-  [Auto Service Contracts](#)
-  [Buying A Safer Car For Child Passengers: Beware of Danger Areas and Children](#)
-  [Buying A Safer Car For Child Passengers: General Child Seat Use Information](#)
-  [Buying A Safer Car For Child Passengers: Narrowing Your Choices](#)
-  [Buying A Safer Car for Child Passengers: Other Factors to Consider](#)
-  [Buying A Safer Car for Child Passengers: Safety Features for Child Passengers](#)
-  [Buying a Safer Car for Child Passengers: Valuable Information on Crash Tests, Safety Features, and Buying Tips](#)
-  [Buying Drugs Online](#)
-  [Buying Eye Wear](#)
-  [Car Buying Tips](#)
-  [Car Leasing and Renting Tips](#)
-  [Car Repair Tips](#)
-  [Cell Phone Glossary](#)
-  [Cell Phones: Facts, Fiction, Frequency](#)
-  [Choosing a U.S. Mail Service](#)

[Home](#)

[Member Access](#)

[Family & Caregiving](#)

- [Adoption](#)
- [Child Care](#)
- [Education](#)
- [Older Adults](#)

[Emotional Well-Being](#)

- [Addiction](#)
- [Mental Health](#)
- [Personal Growth](#)
- [Working Well](#)

[Health & Wellness](#)

- [Live Healthy](#)

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Family & Caregiving

- Adoption
- Child Care
- Education
- Older Adults

Emotional Well-Being

- Addiction
- Mental Health
- Personal Growth
- Working Well

Health & Wellness

- Live Healthy
- Health & Aging
- Your Child's Health
- Health Concerns
- Personal Safety

Daily Living

- Choosy Consumer
- Savvy Pet Owner
- Finances
- Legal Library
- Travel & Recreation

How Can We Help You?



NEW FEATURE

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PASSENGER
SAFETY
AWARENESS
WEEK



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ARTICLES**

Times of Conflict



Family & Caregiving

Explore your care options, learn about parenting and child and elder care issues. Conduct your own searches for care, or have a professional locate providers in your community.



Emotional Well-being

Search this extensive library to learn more about essential mental and emotional health issues including addiction, mood disorders, grief and loss, personal growth, and communication.



Health & Wellness

Find up-to-date expert information about important health topics for the whole family. Our articles, resources, and interactive tools will help you achieve wellness and deal with common health issues.



Daily Living

Access information and resources about everyday issues. Get consumer information, browse recreational resources, or find out how to manage your family's finances.

Please call 1-800-869-0276 to contact a counselor.

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- Adoption
- Child Care
- Education
- Older Adults

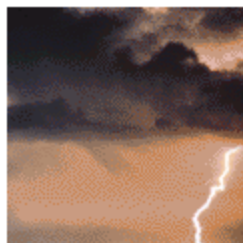
Emotional Well-Being

- Addiction
- Mental Health
- Personal Growth
- Working Well

Health & Wellness

- Live Healthy
- Health & Aging
- Your Child's Health
- Health Concerns
- Personal Safety

Daily Living



Times of Conflict

Times of Conflict

[Library](#) | [Resources](#) | [PDF Brochures](#) | [Audio Tips](#)

Library

- [Coping with the Effects of Stressful Events](#)
- [How to Talk to Children about Violence, War, and Terrorism](#)
- [Lifting Fear from Your Child's "Shoulders"](#)
- [Coping with Employee Stress](#)
- [Performance Management in an Environment of Uncertainty](#)
- [Thinking Positively in Stressful Times](#)
- [Understanding and Coping with Reactions to Stressful Events](#)
- [Your Family Disaster Supplies Kit](#)
- [The Military Parent: Arranging for Child Care during Your Absence](#)
- [Elder Care Assessment and Planning for Military Families](#)
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- [Personal Financial Management for Military Families](#)
- [The Military Parent: Easing Separation Issues](#)
- [Personal Financial Management for Military Families](#)
- [Managing Employee Stress](#)
- [Managing in Uncertain Times](#)
- [Talking to Children About Terrorism and Armed Conflict](#)
- [Strategies to Assist Children Manage Stress](#)

HOME

ABOUT US

EAP SERVICES

CLINICAL SERVICES

WORK/LIFE SERVICES

ON-LINE SERVICES

CONSULTATION

PROGRAM PROMOTION

DRUG FREE WORKPLACE

CRITICAL INCIDENTS

QUALITY IMPROVEMENT

COACHING

REFERENCES

EAP BENEFITS

MEMBER ACCESS

REQUEST INFO

Member Access

To access our on-line programs, just click on the service you would like to use.

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Company

My File

Benefits

Prevention

Services

Support

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▶ The Law in Your Life

▶ Elder Care

▶ Family Health Legal Library

▶ Access Financial


▶ Immigration

▶ Small Claims & Consumer Help

▶ Domestic Violence

▶ Anatomy of a Case

▶ Legal Document Library



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Company

My File

Benefits

Prevention

Services

Support



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- ▶ The Law in Your Life
- ▶ Elder Care
- ▶ Family Health Legal Library
- ▶ Access Financial
- ▶ Immigration
- ▶ Small Claims & Consumer Help
- ▶ Domestic Violence
- ▶ Anatomy of a Case
- ▶ Legal Document Library





[Company](#)

[My File](#)

[Benefits](#)

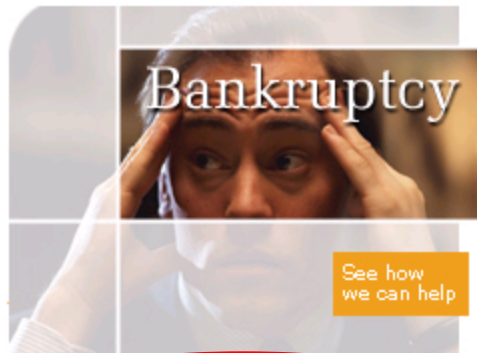
[Prevention](#)

[Services](#)

[Support](#)

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Bankruptcy

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we can help

Select Areas of Interest ▼

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Legal help is at your fingertips.

We're here to provide you with the most comprehensive and most cost effective personal legal and financial assistance in the market.

92% of Plan Members resolve legal matters during a Free Initial Consultation with one of the local plan lawyers. Detailed legal information is also available here, through our comprehensive website, or through our Toll-Free Legal Hotline and Full Service "Consumer Resource Center".

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- ▶ [Elder Care](#)
- ▶ [Family Health Legal Library](#)
- ▶ [Access Financial](#)
- ▶ [Immigration](#)
- ▶ [Small Claims & Consumer Help](#)
- ▶ [Domestic Violence](#)
- ▶ [Anatomy of a Case](#)
- ▶ [Legal Document Library](#)





- Company
- My File
- Benefits
- Prevention
- Services
- Support

enter search criteria:

search ▶



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- Select Areas of Interest
- Bankruptcy
 - Buying a Home
 - Child Custody
 - Child Support
 - Credit
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 - Eviction
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 - Tenants' Rights
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- ▶ Elder Care
- ▶ Family Health Legal Library
- ▶ Access Financial
- ▶ Immigration
- ▶ Small Claims & Consumer Help
- ▶ Domestic Violence
- ▶ Anatomy of a Case
- ▶ Legal Document Library





- [Company](#)
- [My File](#)
- [Benefits](#)
- [Prevention](#)
- [Services](#)
- [Support](#)

enter search criteria:

search ▶

Buying a Home

Real Estate Transactions

Perhaps the most common transaction in the area of real property is the purchase or sale of a residential property. In many states, real estate brokers, title companies, and escrow companies routinely handle purchases of residential property, without the services of a lawyer, in other states, attorneys handle various parts of the transactions.

Should you have an attorney assist if you are buying or selling a house? Obviously, if you live in a state where attorneys play an essential role in the sale, you need an attorney. In states where an attorney is not required, it may still be worth a few hundred dollars to retain an attorney, particularly to draft or review the original contract and escrow instructions.

There are many instances in which having an attorney at the outset has assisted in a smooth closing process. Contrary to the popular view that attorneys will slow down or "wreck" a potential real estate sale, it is the author's experience that real estate purchasers or sellers should have legal counsel. Any deal that is not favorable to you should, in fact, not close. An attorney is likely to be the most independent party removed from the transaction, and after all is hired to represent only your interests.

Most Plan Attorneys have a long list of clients who were purchasers or sellers involved in lawsuits over real estate, and who did not bother to consult an attorney prior to making an offer to purchase a house or listing a house with a broker for sale.

Typical Steps Involved:

Generally the following steps are involved in a routine real estate transaction: (1) Listing by Seller; (2) Offer by a Buyer; (3) Counter Offer by Seller; (4) Contract between Both; (5) Escrow Instructions; (6)

- [▶ The Law in Your Life](#)
- [▶ Elder Care](#)
- [▶ Family Health Legal Library](#)
- [▶ Access Financial](#)
- [▶ Immigration](#)
- [▶ Small Claims & Consumer Help](#)
- [▶ Domestic Violence](#)
- [▶ Anatomy of a Case](#)
- [▶ Legal Document Library](#)





[Company](#)

[My File](#)

[Benefits](#)

[Prevention](#)

[Services](#)

[Support](#)

enter search criteria:

[search ▶](#)



Domestic Violence

This library is intended to enable battered employees, or their managers who suspect violence, to visit during their breaks or lunch, away from the anxiety, stress and emotions of the home. At our site, at-risk members can learn about the role of the law in their problems, and find a number of community resources which can assist them in handling, or at least managing, their situation.

This library of information about Domestic Violence is included in your Legal Plan because the workplace affords some freedom to employees who may be being abused at home. They often feel more free to conduct research and learn about what help they can receive for their situation. Also, at work, given the resources, employees may be better able to discuss their problems with professionals in a confidential manner, and to obtain information on available resources.

Domestic Violence is a *serious* problem, one which is more widespread than most people realize. Please share the information you find here with anyone who you suspect to be in this type of situation.

- ▶ [The Law in Your Life](#)
- ▶ [Elder Care](#)
- ▶ [Family Health Legal Library](#)
- ▶ [Access Financial](#)
- ▶ [Immigration](#)
- ▶ [Small Claims & Consumer Help](#)
- ▶ [Domestic Violence](#)
- ▶ [Anatomy of a Case](#)
- ▶ [Legal Document Library](#)



Sections Available in Domestic Violence

Domestic Violence and the Law

How it Works

Community Resources

Violence and the Law

Facts/Background About Violence

A Checklist for your Safety

Employer's Role in Domestic Violence

Violence and the Law - Criminal

Violence and the Law - Civil

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[Company](#)

[My File](#)

[Benefits](#)

[Prevention](#)

[Services](#)

[Support](#)

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Domestic Violence

Domestic Violence and the Law

Domestic Violence Victims and Their Employers - A Necessary Partnership

Sorry, to access this library you need to login [here](#)

Domestic Violence and the Law

1

Sections Available in Domestic Violence

Domestic Violence and the Law
 How it Works
 Community Resources
 Violence and the Law
 Facts/Background About Violence
 A Checklist for your Safety
 Employer's Role in Domestic Violence
 Violence and the Law - Criminal
 Violence and the Law - Civil
 Directory of Related Links

- ▶ [The Law in Your Life](#)
- ▶ [Elder Care](#)
- ▶ [Family Health Legal Library](#)
- ▶ [Access Financial](#)
- ▶ [Immigration](#)
- ▶ [Small Claims & Consumer Help](#)
- ▶ [Domestic Violence](#)
- ▶ [Anatomy of a Case](#)
- ▶ [Legal Document Library](#)



Wills and Trusts



Company

y File

enefits

vention

ervices

upport

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search ►



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- ▶ The Law in Your Life
- ▶ Elder Care
- ▶ Family Health Legal Library
- ▶ Access Financial
- ▶ Immigration
- ▶ Small Claims & Consumer Help
- ▶ Domestic Violence
- ▶ Anatomy of a Case
- ▶ Legal Document Library



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for
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HOME

ABOUT US

EAP SERVICES

CLINICAL SERVICES

WORK/LIFE SERVICES

ON-LINE SERVICES

CONSULTATION

PROGRAM PROMOTION

DRUG FREE WORKPLACE

CRITICAL INCIDENTS

QUALITY IMPROVEMENT

COACHING

REFERENCES

EAP BENEFITS

MEMBER ACCESS

REQUEST INFO

Member Access

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[HOME](#)[ABOUT US](#)[EAP SERVICES](#)[CLINICAL SERVICES](#)[WORK/LIFE SERVICES](#)[ON-LINE SERVICES](#)[CONSULTATION](#)[PROGRAM PROMOTION](#)[DRUG FREE WORKPLACE](#)[CRITICAL INCIDENTS](#)[QUALITY IMPROVEMENT](#)[COACHING](#)[REFERENCES](#)[EAP BENEFITS](#)[MEMBER ACCESS](#)[REQUEST INFO](#)

Request for EAP Services

If you are in need of immediate services for an emergency or urgent matter, do not submit information via the internet. Instead, immediately call EAP Consultants at 1-800-869-0276.

Internet requests for EAP service will be responded to within 1 business day.

Please provide the following information about yourself so we can connect you with the most appropriate services. All of the information will be securely transmitted and kept confidential.

First name:

Last name:

Date of birth:
mm-dd-yy

Name of
employer
providing the
EAP:

Your home
address:

City:

State:

Zip code:

Can we leave a message at your work?

Yes ☐ No ☐

Male ☐ Female ☐

Marital status:

Single ☐ Married ☐ Separated ☐

Divorced ☐ Widowed ☐

Your relationship to employee:

Self ☐ Dependent ☐

If you are a dependent:

Employee's first name

Employee's last name

Have you ever used services from EAP Consultants before?

Yes ☐ No ☐

Who referred you to EAP?

Self ☐ Family ☐ Supervisor ☐

Human Resources ☐ Other ☐

Choose the service that best fits your needs by clicking on the corresponding box below.

Counseling Services (Click here)

Legal Services (Click here)

Financial Services (Click here)

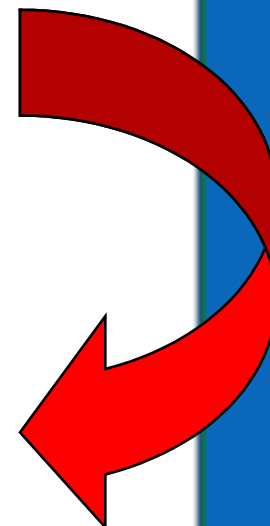
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Eldercare Services (Click here)

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Pet Services (Click here)

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HOME

ABOUT US

EAP SERVICES

CLINICAL SERVICES

WORK/LIFE SERVICES

ON-LINE SERVICES

CONSULTATION

PROGRAM PROMOTION

DRUG FREE WORKPLACE

CRITICAL INCIDENTS

QUALITY IMPROVEMENT

COACHING

REFERENCES

EAP BENEFITS

MEMBER ACCESS

REQUEST INFO

Member Access

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**Flash presentation provides
overview of EAP
Consultants
and EAP services in general.**

This **EAP is for **YOU** and **your**
family!
Use it and **use it often!** It's
FREE!!**



U.S. Army Recruiting Command